

C. Amendment to the Abstract

An apparatus and method for sliding exercise and recreation[.] , such as a sports board, including The apparatus includes at least one piece of stick-on sheeting having an adhesive outer layer adhered to a substrate such as the underside of a sport board, and an opposed layer consisting of a low-friction, durable material adapted for engaging in sliding contact with the low-friction surface of area sheeting superposed on a support structure.